

# Pregnant?

## Plan for a Healthy Future

A woman with a DSHS Medical Assistance ID card can get a wide variety of pregnancy-related services. There is help obtaining:

- ▶ Doctor or health care provider
- ▶ Social services in your area
- ▶ Counseling about your needs
- ▶ Visits for self care and nutrition

If you are not sure what to do, First Steps staff at your DSHS Community Services Office (CSO) can help you learn more about your choices.



Washington State  
Department of Social  
& Health Services

**Medical Assistance Administration**

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# Take charge of your life. Only you can make these choices:

## **Planning to Parent**

First Steps Maternity Support Services will help you get ready for your baby. This includes visits with a community health nurse, a nutritionist, and a behavioral health specialist.

## **Placing for Adoption**

These services are available to you.

## **When Your Pregnancy Ends Contact Your CSO**

If you choose to end your pregnancy, you can use any women's health care provider without a referral.

## **Family Planning Coverage**

If you have a DSHS Medical ID card, you get family planning coverage. This card will pay for family planning counseling, all types of birth control, and sterilization.

To get the help  
you need, contact:

**1-800-322-2588**

**Healthy Mothers, Healthy Babies Hotline**

**1-800-770-4334**

**Family Planning Hotline**

*For information and referral services*